

Countering Shame with Truths Exercise

When we feel shame around the abuse we've survived, we can experience negative internal messaging, or negative "self-talk" like believing we are less desirable, less worthy, or matter less than others around us. It's important to counteract that negative internal messaging by practicing self-compassion and turning to loved ones.

Directions: Start by thinking of negative internal messages you tell yourself.

Challenge yourself to find an argument against that negative message and find someone you trust and ask them if they believe this to be true about you. Write down what they share and reflect on who you truly are.

Something negative I believe about myself is...

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In reality, I know that this can't be true because...

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When I asked someone I love if they would describe me this way, they said...

When I asked my friend if they would describe me this way, they said...

After reflecting on the messages I tell myself and talking to the people I love and respect, I believe that I am...